



NEWS RELEASE

For Immediate Release:

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State Health Department Says It's Not Too Late To Get Your Flu Shot

BISMARCK, N.D. – The North Dakota Department of Health is reminding people that there is plenty of influenza vaccine still available and is urging people to get their flu shot before the peak of the season hits, according to Michelle Feist, influenza surveillance coordinator for the Department of Health.

Fifty-eight cases of the flu have been reported to the North Dakota Department of Health as of January 9. One of those cases has been culture confirmed, meaning that more extensive laboratory tests were done to see what kind (or strain) of flu it is.

“The lab tests confirmed it as an influenza A H1 strain, which is a strain that we expect to see during flu season,” Feist said. “Flu vaccine is plentiful this season, and because the vaccine protects against these normally circulating strains of influenza, getting vaccinated now will offer protection from the flu throughout the season.”

It is never too late to protect yourself and those around you from the flu. The health department is urging people, regardless of age or health status, to take time to call their doctor, local public health unit or pharmacy to get a flu shot.

Typical flu symptoms include fever, dry cough, sore throat, runny or stuffy nose, headache, muscle aches and extreme fatigue. In addition to vaccination, the following precautions should be followed to help prevent the spread of flu:

- Cover your mouth and nose with tissue when sneezing or coughing.
- Wash your hands frequently and thoroughly with soap and water.
- Stay home from work or school when you are ill.

For more influenza information and to order free education materials, visit www.ndflu.com. Reported influenza case numbers are updated every Wednesday on the website.

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